

ABSTRACT

The present invention provides a composition which is useful for reducing tobacco
5 consumption in humans while providing fresh breath comprising *Plantago major* and an additive
for diminishing the odor of tobacco. The additives may be any breath freshener, masking agents,
antiseptic agents and neutralizing agents. The present invention also provides a method for
reducing the consumption of tobacco while providing fresh breath through the oral
administration of a composition comprising *Plantago major* and an additive for diminishing the
odor of tobacco.